

Monday, 30th September 2024

Monday Strollers:

Location: Mumbles

Length: 4 miles (approx)

Maximum Number of Participants: 20

Walk Leader: Eileen Beaumont Back Marker: Liz Nicholas

To register: Contact Eileen on 07837 157 175 (*by text preferably, please*)

Registration will open at 10am on Friday, 27th September 2024 and will close at 8am on Monday, 30th September 2024

Additional Information: This will be a leisurely stroll along the coast path between Rotherslade and Mumbles. Please bring a drink and a snack for the mid-walk break.

Parking for the walk will be in Underhill Car Park at the top end of Newton Road in Mumbles - Postcode: SA3 4SL. The walk will start from this car park at 10am.

Wednesday, 2nd October 2024

Walk 1:

Location: Swiss Valley

Length: 6 miles (approx) Grade: C+

Walk Leader: Eirwen Stephens Back Marker: Heather Stretch

To register: Contact Eirwen on 07712 654 423 (*by text preferably, please*)

Registration will open at 10am on Sunday, 29th September 2024 and will close at 8am on Wednesday, 2nd October 2024

Additional Information: This is a lovely local walk in the area around Swiss Valley. The route, which is relatively firm underfoot, will take us alongside the reservoir as well as along quiet country lanes and a section of cycle path. We will return to the start of the walk across fields which will be very muddy after the recent rain. Walking boots are therefore essential and a walking pole would be useful. There is one stile.

Parking for the walk will be in the car park for the Lower Lliedi Reservoir in Swiss Valley. This car park is on the left just off the main road which runs from Llanelli through Swiss

Valley towards Llannon and Llandeilo (A476). The walk will start from this car park at 10.30am.

Walk 2:

Location: Oxwich

Length: 8 miles Grade: C+

Walk Leader: Dave Clementson Back Marker: Keith Williams

To register: Contact Dave on 01792 884777 (*please leave a message on the answerphone if there is no answer*)

Registration will open at 9am on Monday, 30th September 2024 and will close at 9pm on Tuesday, 1st October 2024

Additional Information: The route of this varied walk - coastal path, farmland, woodland and a little road walking - will take us up to Oxwich Point and then along the coastal path to Horton. From there we will ascend and make our way across farmland to Millwood. We will then climb up to Penrice before we return to Oxwich. *Please note that* the coastal path is stony and rough in places and *that* there are boggy / muddy patches towards the end of the walk - strong footwear is therefore essential and a walking pole(s) could be helpful.

Parking for the walk will be in the car park of the Oxwich Bay Hotel (Postcode: SA3 1LS). Please could you 'car share' if possible to minimise the number of cars to be parked.

The walk will start at 10am from this car park - please allow approximately one hour 'travel time' from Llanelli - there are some traffic lights on the South Gower road.

Saturday, 5th October 2024

Llanelli Ramblers 40th Anniversary Walk

This walk has been arranged to celebrate the 40th Anniversary of the Llanelli Ramblers.

A similar route was walked by the founder members of the group in October 1984.

Location: Furnace Pond

Length: 5 miles Grade: C

Walk Leader: Eileen Beaumont Back Marker: Julia Clark

To register: Contact Heather (Stretch) on 07815 010 417 (*by text preferably, please*)

Registration will open at 9am on Saturday, 28th September 2024 and will close at 9am on Saturday, 5th October 2024

Additional Information: The route of this leisurely walk will retrace sections of the group's inaugural walk which took place in October 1984.

Starting from the Leisure Centre in Llanelli, we will walk to Furnace Pond along the cycle path and woodland tracks. From Furnace Pond, we will return to the Leisure Centre along paths and across fields to Parc Howard before we rejoin the cycle path which will take us back to Old Castle Pond.

Please note that the path, which leads down from Caemawr Campsite, was very muddy when the route was reced and *that* the route from Furnace Pond to Parc Howard may also be muddy in places - walking boots are therefore advisable and a walking pole would be useful.

Please bring a drink and a snack for the mid-walk break.

Parking for the walk will be in the car park of Llanelli Leisure Centre. *Please note that* there is a parking fee. The walk will start at 10am from this car park.